

Things to take with you

If possible try to prepare an emergency bag for you and your children. Hide it somewhere safe – it may be better to leave it with a friend or family member that you trust. Try to pack the following things, remember only do this if you can do it safely.

- Important documents such as driver's license, passport, birth certificates, medical cards, bank cards, etc.
- Mobile phone and charger
- Spare money
- Keys
- Copy of any restraining orders in place
- National Insurance card
- Immigration papers and other important documents
- Change of clothes
- Small items of special value
- Medications

If you have children, try to pack the following items

- School uniforms
- A few favourite toys

Remember in an emergency call 999

If you are experiencing domestic violence and abuse it's important to think about ways to keep yourself safe.

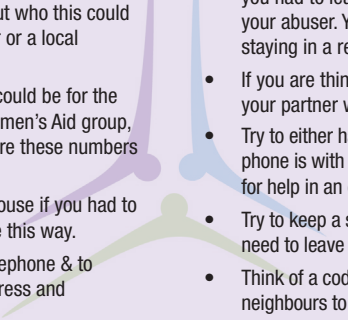
In an emergency call 999.

Silent Solution: if you can't speak, cough or tap the handset. If prompted, press 55 to let the other person know it's an emergency and you're not safe to speak.

**For 24-hour support contact the freephone
Domestic & Sexual Abuse Helpline 0808 802 1414.**

A safety plan aims to provide you with things to think about to help you stay safe. Take some time to read the information – you can go through it on your own or with someone you trust. It's important to keep this card somewhere safe, where your abuser will not find it.

Safety Information.

- Tell someone you trust about the abuse. Think about who this could be. Perhaps a family member, a friend, a neighbour or a local Women's Aid Group.
 - Keep important/emergency numbers close. These could be for the police, Domestic & Sexual Abuse Helpline, local Women's Aid group, Men's Advisory Project, etc. Think about how to store these numbers safely.
 - Think about the quickest/safest route out of your house if you had to leave in an emergency. Practice leaving your house this way.
 - If you have children, teach them how to use the telephone & to call 999 in an emergency, with their full name, address and telephone number.
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- Think about a safe place where you and your children can go if you had to leave. Ideally somewhere public, safe and unknown by your abuser. You can talk to Women's Aid about options, including staying in a refuge.
 - If you are thinking of leaving, try to leave at a time when you know your partner will not be around e.g. when s/he goes to work.
 - Try to either have change for a payphone and/or ensure your mobile phone is with you at all times and has credit/battery so you can ring for help in an emergency.
 - Try to keep a small amount of money somewhere safe in case you need to leave quickly.
 - Think of a code word that you can use with family, friends and neighbours to call for help without your abuser knowing about it.